

COMING TOGETHER...SAVING LIVES

**11TH ANNUAL
VIRGINIA
OCCUPATIONAL
SAFETY
AND HEALTH
CONFERENCE**



SPONSORED BY THE VIRGINIA DEPARTMENT OF LABOR AND INDUSTRY

MAY 31—JUNE 2, 2006

HYATT REGENCY—CRYSTAL CITY

ARLINGTON, VIRGINIA

MAJOR CONTRIBUTORS:

- NORTHERN VIRGINIA SECTION OF THE AMERICAN SOCIETY OF SAFETY ENGINEERS
- POTOMAC AND CENTRAL VA SECTIONS OF THE AMERICAN INDUSTRIAL HYGIENE ASSOCIATION
- COLONIAL AND TIDEWATER CHAPTERS OF THE AMERICAN SOCIETY OF SAFETY ENGINEERS
- VIRGINIA AFL-CIO
- VIRGINIA STATE OCCUPATIONAL HEALTH NURSES

www.doli.virginia.gov

11TH ANNUAL VIRGINIA OCCUPATIONAL SAFETY AND HEALTH CONFERENCE

OSHA 10 Hour Classes

Nick Hart, DOLI, Training Coordinator

Tuesday, May 30, 2006

- 7:30am—3pm 10 Hour Courses—Joint Sessions
3 pm—6pm 10 Hour General Industry—Specific Sessions
3pm—6pm 10 Hour Construction—Specific Sessions

Wednesday, May 31, 2006

- 7:30am -10:30am 10 Hour General Industry—Specific Sessions
10 Hour Construction—Specific Sessions

Wednesday, May 31, 2006

9:00-11:00 am Drive Smart Virginia –All invited

9:00 am Registration
Exhibits Open—Exhibit Hall A

11:45 am - 1:15 pm

Lunch and Conference Opening Remarks -
C. Ray Davenport, Commissioner, DOLI
Jennifer S. Wester, Director of Cooperative Programs, DOLI

1:15 pm -2:45 pm Breakout Sessions

1. People-Based Safety: The Basics –
Dr. Anne French, Safety Performance Solutions
2. Evacuation Planning: Saving Your Own – Willie
Howlett, Howlett and Associates & Bob Vilcheck, VA
Dept. of Human Resource Management
3. Devices that Prevent Needlesticks: Not Just a
Good Idea-It's the Law – Janine Jagger, M.P.H.,
Ph.D., University of Virginia Health System
4. Scaffolding Safety – Ron Weinrich,
Regional Training Manager, Safway Services, Inc.
5. New Research on Cell Phones and Recent
Developments in Vehicle Safety – Steve Oesch,
Insurance Institute for Highway Safety
6. Confined Space for Construction - DOLI Staff TBA

2:45 pm – 3:15 pm Break

3:15 pm—4:45 pm Breakout Sessions

1. People-Based Safety: Advanced –
Dr. Anne French, Safety Performance Solutions
2. Scaffolding Safety - Ron Weinrich, Regional
Training Manager, Safway Services, Inc.
3. Devices that Prevent Needlesticks: Not Just a
Good Idea - It's the Law – Janine Jagger, M.P.H.,
Ph.D., University of Virginia Health System
4. Voluntary Protection Program (VPP):
Is Your Company Ready? Representatives from:
International Paper—Franklin Mill
Giant Refinery

Georgia Pacific Plywood Plant
GE Fanuc

5. New Research on Cell Phones and Recent
Developments in Vehicle Safety - Steve Oesch,
Insurance Institute for Highway Safety
6. Confined Space for Construction – DOLI Staff TBA

4:45 pm – Reception—Exhibit Hall A

Thursday, June 1, 2006

8:00 am General Session – Keynote Speaker, TBA

8:45 am-10:15 am Breakout Sessions

1. Especially for Small Employers: Becoming a SHARP
Site—Elizabeth Tomlin, Senior Safety Consultant, DOLI
2. Benefiting from an Aging Workforce –
Dr. Smitty Chandler, MPH, MS
3. Construction Equipment Safety – John Sewell,
Shirley Construction
4. When Good Buildings Go Bad: Mold Control –
Chris Chapman and David Graham, Froehling &
Robertson, Inc.
5. NFPA (National Fire Protection Association) 70E
Standard for Electrical Safety in Workplaces– Vince
Miller, Miller Safety Consultants, Ltd.
6. Workers' Compensation Issues – Rachel Shaffer,
Esq., McDermott, Will and Emery, LLP

10:15 am -10:45 am Break

10:45 am -12:15 pm Breakout Sessions

1. Health and Safety Review of Beryllium –
Martin Harper, NIOSH
2. Benefiting from an Aging Workforce –
Dr. Smitty Chandler, MPH, MS
3. People-Based Safety: Advanced –
Dr. Anne French, Safety Performance Solutions
4. What Are You Thinking? Unleashing Creativity –
Smokie Sizemore, Smokie Sizemore and
Company, Inc.
5. NFPA (National Fire Protection Association) 70E
Standard for Electrical Safety in Workplaces –
Vince Miller, Miller Safety Consultants, Ltd.
6. Residential Construction Fall Protection –
Regina McMichael, CSP, Zurich North America

12:30 pm -1:30 pm Lunch

1:30 pm -3:00 pm Breakout Sessions

1. Trenching and Excavation Safety – Donald "Bub"
Godsey, Coble Trench Safety

11TH ANNUAL VIRGINIA OCCUPATIONAL SAFETY AND HEALTH CONFERENCE

2. Evacuation Planning: Saving Your Own – Willie Howlett, Howlett and Associates & Bob Vilcheck, VA Dept. of Human Resource Management
3. Cultural Diversity – Julie Garcia, SPHR, ARM, Poms & Associates Insurance Brokers, Inc.
4. Workers' Compensation Issues - Rachel Shaffer, Esq., McDermott, Will and Emery, LLP
5. Voluntary Protection Program (VPP): Employee Involvement and Behavior Based Safety
Representatives from:
International Paper
Frito-Lay
Siemens –VDO
6. What Are You Thinking? Unleashing Creativity – Smokie Sizemore, Smokie Sizemore and Company, Inc.

3:00 pm -3:15 pm Break

3:15 pm -4:45 pm Breakout Sessions

1. Trenching and Excavation Safety – Donald "Bub" Godsey, Coble Trench Safety
2. Construction Equipment Safety – John Sewell, Shirley Construction
3. Asbestos Management – Victor J. D'Amato, CIH, CSP, Atrium Environmental Health & Safety Services
4. Nanotechnology – On the Cutting Edge – Dr. Loretta Schuman, OSHA
5. Putting Safety into Contracts and Making Those Agreements Work – Jan Thomas, PhD., and Anna Jolly, J.D., Circle Safety and Health Consultants, LLC
6. Evacuation Planning: Saving Your Own – Willie Howlett, Howlett and Associates and Bob Vilcheck, VA Dept. of Human Resource Management

Friday, June 2, 2006

7:30 am -9:00 am Breakout Sessions

1. OSHA/VOSH Inspections: What to Expect – David Cline, Northern Virginia Office, DOLI
2. Ergonomics Issues for the Aging Workforce – W. Tim McGlothlin, The Ergonomics Center
3. Putting Safety into Contracts and Making Those Agreements Work – Jan Thomas, PhD., and Anna Jolly, J.D., Circle Safety and Health Consultants, LLC
4. Indoor Air Quality Issues During Renovation and Construction Projects—Michael McCullion, CSP, ARM, Sheet Metal Air Conditioning Contractors National Association

5. Fleet Safety - TBA
6. Residential Construction Fall Protection - Regina McMichael, CSP, Zurich North America

9:00 am -9:15 am Break

9:15 am -10:45 am Breakout Sessions

1. OSHA/VOSH Inspections: What to Expect - David Cline, Northern Virginia Office, DOLI
2. Protecting Employees from Silica Exposure – Melissa Bartlett, Industrial Hygienist Consultant
3. Fleet Safety - TBA
4. Cultural Diversity – Julie Garcia, SPHR, ARM, Poms & Associates Insurance Brokers, Inc.
5. Ergonomics Issues for the Aging Workforce – W. Tim McGlothlin, The Ergonomics Center
6. Articulating the Value of Occupational Health Nurses: Know Yourself, Your Profession and Your Workplace – Tamra Blow, RN, COHN, Philip Morris

11:00 am - General Session:

Katrina Then and Now: Lessons Learned—
Charles T. Pope, Area Director, Region III OSHA
Leo Edwards, Compliance Officer, Region III OSHA
Tommy Campbell, Compliance Officer, Region III OSHA

12:00 pm Awarding of Major Prizes

1:00 pm Adjourn



**Virginia Department of
Labor and Industry**
13 South 13th Street
Richmond, VA 23219
Phone (804) 786-5873
Conference contact: sharon holmes
TDD (804) 786-2376
www.doli.virginia.gov

General Information

OBJECTIVE:

To provide affordable safety and health training opportunities to employers, employees and safety and health professionals.

CONFERENCE REGISTRATION FEE:

Includes conference materials, continental breakfast, break refreshments and lunch. Advance registration is **\$150** until April 15, 2006. Registration after that date is **\$175**. Payment may be made by check, IAT, VISA or MasterCard. *Please note: selection of an OSHA 10-hour Course is an additional \$40.*

American Express and Purchase Orders will not be accepted.

Registration fees are as follows:
Until April 15, 2006 — \$150

April 16—May 26, 2006 - \$175
(registrations will be accepted until 3 pm on May 26—onsite registration only thereafter)

On-site (Cash or check only) - \$185

OSHA 10-HOUR COURSES:

Registration for the 10-Hour Courses includes 10-Hour Course materials, break refreshments and continental breakfast.
Only one OSHA 10-Hour Course may be selected.

10-Hour OSHA General Industry Course only—\$40
10-Hour Construction Course only—\$40

REFUNDS:

Cancellations **must be submitted in writing by May 14, 2006** in order to receive a refund. An administrative fee of \$15 will be charged for cancellations. Substitution of attendees is allowed but **notification is needed by May 14, 2006**. “No-shows” will not receive a refund.

HOTEL INFORMATION/RESERVATIONS

Hyatt Regency Crystal City
2799 Jefferson Davis Highway
Arlington, Virginia 22202
Phone: (703) 418-1234
Fax: (703) 418-1289
TDD: (703) 418-1234
Reservations 1-800-233-1234

The Hyatt Regency Crystal City features 685 deluxe guest rooms and is located at Reagan National Airport, five minutes from downtown Washington, DC. The hotel is also only five minutes from the Smithsonian, the White House, the Capitol Building, Georgetown, the Kennedy Center for the Performing Arts, and historic Old Town Alexandria.

Its 18th floor Chesapeake Grill has one of DC's most incredible nighttime views.

Reservations should be made directly with the Hyatt Regency—Crystal City at 1-703-418-1234 or toll-free at 1-800-233-1234. Reservations can also be made online at <http://crystalcity.hyatt.com/groupbooking/wasrcvdol2006>.
Ask for the Virginia Occupational Safety and Health Conference (Department of Labor & Industry) rate which is \$165 for a single or double. DOLI IS NOT RESPONSIBLE FOR ERRORS WITH HOTEL RESERVATIONS.

To receive this hotel rate, **reservations and deposits must be made by 12:00 AM on MAY 9, 2006**. Rooms must be guaranteed with either a credit card or first night's deposit.

CEUs have been applied for.

TRAVEL INFORMATION:

Parking fees are \$12 per vehicle per night.

A Complimentary Hotel Shuttle to and from Ronald Reagan National Airport and Crystal City Metro (Blue and Yellow Line) are available from 5:30 am to 12:30 am. Pickup is every 30 minutes at the top of the hour.

RIDING METRO

During your stay, the Washington Metropolitan Area Transit Authority (Metro) can take you everywhere you want to go, always safely, quickly and economically. Need information on Metro schedules, fares, or parking? Visit the Metro website at www.wmata.com or call 202/637-7000, (TDD) 202/638-3780. Be sure to ask about the \$6.50 One Day Pass!

METRORAIL

Opens: 5 am weekdays, 7 am weekends
Closes*: Midnight Sunday - Thursday, 3 am
Friday-Saturday nights

*When traveling at night, please check the last train departure times posted in the stations. Last trains leave many stations before midnight (between 2:30 and 3:30 am on Friday and Saturday). Holiday hours vary. Visit the Metro website at www.mata.com for the holiday schedule.

FINDING THE METRO STATION

- If you're driving, look for the large Metro signs to direct you to stations.
- Tall brown columns with a large “M” identify the station entrances.
- Color stripes on the column show lines that serve the station.

11TH ANNUAL VIRGINIA OCCUPATIONAL SAFETY AND HEALTH CONFERENCE
MAY 31 - JUNE 2, 2006

Sign up for
one of the
OSHA 10-Hour
Courses *only* and
pay \$40.

Sign up early, and
save \$35
on the
conference
registration fee!

**REGISTRATION
FEES:**

**Payment must be
made by Check, IAT,
VISA or MasterCard**

Until April 15 - \$150

April 16—May 26 - \$175
*(registrations will be
accepted until 3 pm on
May 26—onsite
registration only
thereafter)*

**On-site (Cash or
check only) - \$185**

10-Hour OSHA Courses:
*Only one OSHA 10-Hour
Course may be selected.*

☐ **General Industry
Course—\$40**

or

☐ **Construction
Course—\$40**

★ **Please note:**
If you are
attending one
of the OSHA 10-
Hour Courses,
please check the
box above even if
you are also
planning on
attending the
regular sessions.

☐ I need a
vegetarian meal.

REGISTRATION FORM

Name _____ Title _____
Company Name _____ Address _____
City _____ State _____ Zip Code _____ Phone () _____
Fax () _____ E-mail: _____

★ OSHA 10 Hour General Industry Course May 30—31 ☐
OSHA 10 Hour Construction Course May 30—31 ☐

Please circle the sessions below that you are planning to attend. Refer to the conference sessions listing for information

Wed., May 31, 1:15 pm	1	2	3	4	5	6
Wed., May 31, 3:15 pm	1	2	3	4	5	6
Thurs., June 1, 8:45 am	1	2	3	4	5	6
Thurs., June 1, 10:45 am	1	2	3	4	5	6
Thurs., June 1, 1:30 pm	1	2	3	4	5	6
Thurs., June 1, 3:15 pm	1	2	3	4	5	6
Fri., June 2, 7:30 am	1	2	3	4	5	6
Fri., June 2, 9:15 am	1	2	3	4	5	6

PAYMENT MUST ACCOMPANY REGISTRATION

☐ Check Amount Paid: \$ _____

Please make check payable to: **VA Dept. of Labor & Industry**

Fax Credit Card Registrations to (804) 371-7634

☐ VISA ☐ MASTERCARD Amount Paid: \$ _____

Credit card # _____ Expiration Date: ____/____

Card Holder's Signature: _____ Date _____

IAT (Inter-Agency Transfer) for State Agencies Only

Amount Paid: \$ _____ IAT Contact Person: _____

Phone #: _____ Ext _____

Fax IAT registration form to: (804) 786-8418 Attention: Sharon Holmes

Payments should be mailed with registration form to:

VOSH Conference

Dept. of Labor and Industry
13 South 13th Street
Richmond, VA 23219

American Express and Purchase Orders will not be accepted.

CONFERENCE SESSIONS

Please note this is not a complete list of the conference sessions

VOSH 7500—OSHA Construction Course 10-Hour

This course covers OSHA policies, procedures and standards, as well as construction safety and health principles. Topics include scope and application of the OSHA construction standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide. Upon successful course completion, the student will receive an OSHA construction safety and health 10-hour course completion card.

VOSH 8500—OSHA General Industry Course 10-Hour

This course covers the OSHA policies, procedures and standards, as well as general industry safety and health principles. Topics include scope and application of the OSHA general industry standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide. Upon successful course completion, the student will receive an OSHA general industry safety and health 10-hour course completion card.

People Based Safety: The Basics

Leaders must recognize the influence of culture on safety performance. This session introduces participants to the concept of a Total Safety Culture and why we need one. Participants will be introduced to basic behavioral science principles to learn why employees take risks in the workplace, specifically; system influences on unsafe behavior are examined. Participants will learn how what we think, what we feel, our attitudes and our personalities make us do what we do.

Evacuation Planning—Saving Your Own

This session offers attendees information to assist in developing or revising emergency evacuation plans for buildings of all size and configuration. Proper use of primary and alternate evacuation routes will be discussed. Ways to implement “in place sheltering” when evacuation is not immediately possible will also be discussed. Methods to evaluate, exercise, and critique plan effectiveness will allow individuals with this responsibility to determine if they need to make changes to their existing policy and procedures. Finally, regulatory requirements will be discussed and concerns as they relate to emergency evacuation plans.

Devices That Prevent Needlesticks: Not Just a Good Idea - It's the Law

This presentation will summarize progress over the past 15 years in the U.S. to prevent occupational infection from HBV, HCV, and HIV among healthcare workers. It will focus on the introduction of safety-engineered devices and will present surveillance data demonstrating the impact of the Needle Stick Safety and Prevention Act of 2000, requiring employers to provide protective technology to workers.

New Research on Cell Phones and Recent Developments in Vehicle Safety

This session will cover the latest research results on the consequences of using a cell phone while driving. It will also cover new vehicle safety technologies designed to reduce the frequency of crashes, such as electronic stability control, and safety technologies designed to reduce injuries in crashes, such as side impact airbags. Crash test and test track footage filmed at the Insurance Institute for Highway Safety Vehicle Research Center will be shown to demonstrate the effects of these technologies.

People-Based Safety: Advanced

This session introduces participants to ways leaders can work to improve an organization's safety culture using people-based safety principles in their day-to-day practices. The value of feedback as a powerful consequence to motivate behavior is discussed including special techniques for giving feedback and dealing with resistance to corrective feedback. Four specific management practices, which may enhance or inhibit positive behavior change, are also presented. Why line management approval is so important is discussed and how line managers, unknowingly, do things that send the wrong message to employees and therefore, tear down or damage the safety culture.

Voluntary Protection Program: Is Your Company Ready?

This session will present an overview of the required elements for participation in the Virginia Voluntary Protection Program. The presenters will give an overview of their companies' efforts in applying for the VPP STAR designation and provide insights into their sites' experience after successfully achieving VPP STAR status.

- Management Leadership and Employee Involvement: International Paper -Franklin Mill, Franklin, Virginia
- Worksite Analysis/Hazard Prevention and Control: Giant Refinery, Yorktown, Virginia and Georgia-Pacific Plywood Plant, Emporia, Virginia
- Safety and Health Training: GE Fanuc, Charlottesville, Virginia

When Good Buildings Go Bad: Mold Control

In this session a Certified Industrial Hygienist will discuss the recognition, evaluation and control of mold hazards in the indoor environment. The session will also include comments by a Professional Engineer who will highlight frequently unrecognized sources of moisture that cause or contribute to the problem of elevated moisture and mold in the indoor environment. The discussion will also include methods of predicting, diagnosing, and managing these unique sources of moisture.

NFPA 70E Standard for Electrical Safety in Workplaces

This presentation covers a brief overview of the history of Electrical Safety, Electrical Accident Statistics, Types of

Affected Employees and the correlation between OSHA, NFPA 70 – NEC and NFPA 70E – Safety requirements. The effects of electrical shock and arcing effects will be the main focus and discussed and the need for Hazard Assessments, Arc Flash Analysis and Boundaries and Labeling are provided.

Health and Safety Review of Beryllium

How much do you know about Beryllium? It is not a common element, but it is important in certain industries due to a unique combination of properties. It has been estimated that as many as 134,000 workers in the USA are potentially exposed. Beryllium can cause an acute disease, but correct control technologies do not generally allow high concentrations that would lead to the outcome. Instead the current concern is Chronic Beryllium Disease or CBD. Learn about Beryllium and how the Beryllium Health and Safety Committee is coordinating research in this area.

What Are You Thinking?

Business is moving at a rapid pace thanks to technology and instant communication. The companies that are most successful are the ones that change before they need to and consistently reinvent themselves. They are the trend setters, the leaders in their industries. How do they do it?

Creativity and innovative thoughts from employees are the keys. Discover those keys within your company. Using your team's imagination can bring out ideas and give the team ownership to make the changes for your company to be a leader. This workshop teaches you how to inspire, manage, and reward creativity in your workforce.

Trenching and Excavation Safety

This session will discuss protective systems, a brief overview of OSHA's trenching standard, the dangers of working with various soils and other topics raised by participants.

Cultural Diversity in the Workplace

This session is about communications. Cultural diversity does not mean only race and ethnicity. Failing to understand the cultural diversity of the workforce will directly impact company safety communications. This session will address diversity in the work environment, cultural differences in communication, and the impact these areas can have on safety initiatives.

Voluntary Protection Program:

Employee Involvement and Behavior Based Safety

This session will present an overview of the several successful Behavior Based Safety Programs (BBS) from sites in the Virginia Voluntary Protection Program. The presenters are line employees at VPP STAR sites that have incorporated BBS into their site safety culture. Each group of presenters will give an overview of their companies' adoption of the BBS system and the resulting experience.

- BBS-Where do we go from here? Employees from International Paper's Converting Intervention Center-Franklin, VA
- Am I my Brother's/Sister's Keeper? Employees from Frito-Lay's Lynchburg Plant, Lynchburg, Virginia

- Shooting past the Star or Keeping the Fire Going. Employees from Seimens VDO, Newport News, Virginia

Indoor Air Quality Issues During Construction Projects

Indoor air quality during construction and major renovation projects has become an increasingly important issue for safety and health professionals. Poor IAQ conditions can have a negative impact on both the construction workers and building occupants alike. This presentation will cover a variety of issues related to occupational exposures to construction workers including updates on OSHA regulatory activity regarding hexavalent chromium, silica, asbestos, and others. The session will also include a review of steps to take to prevent poor IAQ during major renovations in occupied buildings.

Nanotechnology

This session will discuss nanotechnology, which is the understanding and control of matter at dimensions of roughly 1 to 100 nanometers. Nanotechnology has the potential to profoundly change our economy and to improve our standard of living. At the nanoscale level, unique phenomena enable novel applications. Learn how numerous products featuring the unique properties of nanoscale materials are available to consumers and industry today and how concern has been expressed that the very properties that make nanoparticles useful might also have negative human health impacts.

Putting Safety into Contracts and Making Those Agreements Work

This session will be useful for any safety practitioner on any multi-employer jobsite who must make sure that safety "happens" while working with other employees not under their direct control. Discussion will include the legal language that makes up such contracts and the daily management issues. Suggestions will also be given for making your contracts work. This session is relevant for both industry and construction based professionals.

Ergonomics Issues for the Aging Workforce

An aging workforce is a trend that most corporations must address in the near future! This presentation will summarize this trend and show how ergonomics can be used as a key strategy for coping with this reality.

Articulating the Value of Occupational Health Nurses: Know Yourself, Your Profession and Your Workplace

In today's environment of downsizing, reorganization, and "doing more with less," Occupational Health Nurses are constantly redefining themselves as valued professionals. What is the role of an Occupational Health Nurse? Who are the key stakeholders? This session will discuss various ways to articulate the value of Occupational Health Nurses to a diverse group of stakeholders. At the conclusion of the session Occupational Health Nurses will be encouraged and refueled to take pride in their profession as they partner with Management, Safety professionals, HR professionals, and other key stakeholders to promote workplace health and safety.

DIRECTIONS

From Richmond & I-95 North:

Take I-95 North to I-395. Take Exit 7A (Rt. 120/Glebe Road South). Stay on Glebe Road South approximately 1.5 miles, which terminates at Rt. 1 (Jefferson Davis Hwy). Turn left onto Rt. 1 North (Jefferson Davis Hwy). Turn right at the next light (27th Street), hotel is on the left.

From Baltimore & I-95 South:

Take I-95 South over the Wilson Bridge into Virginia. Exit #177B (first exit off bridge), and follow signs to Rt. 1 North. Travel approximately 4 miles: when you see signs for Reagan National Airport get into the right hand lane. Turn right onto 27th street, hotel is on the left.

From Maryland & I-270 South:

Take I-495 South into Virginia. Take exit #43 (George Washington Parkway). Travel about 10 miles south. Exit at Reagan National Airport, stay in right lane, and follow signs to Crystal City. Take Rt. 1 South exit: and get in the left hand lane. Turn left at first light (27th Street), hotel is on the left.

From Metro Rail:

Take the Blue or Yellow line to the Crystal City Station. Take the escalators from the station up to the street. Once you are at the top of the escalators, turn to the left toward the brown Metro sign. The Hyatt shuttles stop at the corner (look for the White\Red Shuttle sign) every 1/2 hour. For pick-up at the METRO, you may call the hotel directly at 703-418-1234.

From Dulles Airport:

Take the Dulles Toll Road East approximately 16.6 miles to I-66 East. Take I-66 East approximately 7.3 miles to exit. 75(Rt. 110 South). Go approximately 3 miles. Rt. 110 South turns into Rt. 1 South (Jefferson Davis Hwy). Take Rt. 1 South (Jefferson Davis Hwy) to 4th traffic light (27th Street). Turn left at 27th Street, hotel will be on the left.

From Reagan National Airport:

Follow signs to Crystal City. Take the Rt. 1 South exit and get in the left hand lane. Turn left at first light, 27th Street, the hotel is on the left.

From Wash, D.C.:

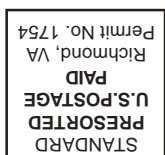
Take 14th Street Bridge South. Stay in far left lane. Take exit #8C (Rt. 1 South) marked "Crystal City/Alexandria". Rt. 1 South is Jefferson Davis Hwy, follow to 4th traffic light. Turn left onto 27th Street, hotel is on the left.

From Georgetown:

Take M Street across the Key Bridge. Turn left at third light (Lee Highway). Go through light to I-66 East. Take I-66 East to exit 75 (Rt. 110 South) for approximately 3 miles. Rt. 110 South turns into Rt. 1 South (Jefferson Davis Hwy). Take Rt. 1 South (Jefferson Davis Hwy) to 4th traffic light (27th street). Turn left at 27th Street, hotel will be on the left.

Automated Directions 703-418-1234, extension 4900.

REGISTER BEFORE APRIL 15, 2006 AND SAVE \$35!



VA Dept. of Labor and Industry
13 South 13th Street
Richmond, VA 23219-4101